

Morning  Pointe

# Milestones

A publication of Morning Pointe Senior Living

Winter 2015 ♦ Volume 4, No. 2



*Historic Photos*  
Taken by Morning  
Pointe Resident

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- ♦ Surrounded by Art
- ♦ A World of Words
- ♦ Nuclear Energy Peaceful Purposes
- ♦ Can the Brain be Trained?



# A Message from *Our President*

**T**wo times a year, Morning Pointe gets the pleasure of showcasing the lives and accomplishments of some of our outstanding residents and staff. I am amazed with each issue of Milestones, the stories Morning Pointe residents have to share...what they have sacrificed, what they have dedicated their lives to and the legacy they will leave behind. As more and more seniors call Morning Pointe Senior Living and The Lantern Alzheimer's Center of Excellence home, there is much to share as we serve and honor those who came before us.

In this Winter 2015 issue, we highlight the arts, sports and sciences through the eyes of our residents. You will meet two swimmers who took very different paths as their lives embraced the love of water. You will also meet two writers whose lives are also very different in the world of words. Their passion for writing led one to be an accomplished, published poet while the other has an amazing talent of creating short stories with very little effort. The sports theme is featured again as one of our residents turns 100 and we gather to mark the celebration while also remembering the mark she left on women's basketball for decades.

In this Milestones you will hear from one of the lead executives at the Tennessee Valley Authority (TVA) and learn of the major role he played in helping the United States move forward in the field of peaceful nuclear power.

Art is a big part of Morning Pointe senior living communities, and now we have a resident who has started his own working studio right in the center of Morning Pointe. We'll explore his process and showcase some of his latest work.

Meanwhile, it's photography that kept one resident taking candid photos for almost 40 years. Learn about this senior's trick of the trade in landing the perfect picture and see how many different stars he has captured including multiple presidents.

We will hear once again from our medical partners and learn of the long-term benefits of short-term stays at Morning Pointe. All of this and much more is in the Winter issue of Milestones. Enjoy, as we continue to celebrate the hearts and minds of the seniors that call Morning Pointe home.

Thank you for your interest and support.

**Greg A. Vital**  
*President and CEO*

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# Milestones

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*Alan Shepard, Bob Hall, Ernest Borgnine and Foster Brooks*

# Smile you're on CAMERA



If you were a top celebrity during the 70s, 80s and 90s, chances are Bob Hall snapped your photo. He even captured photographs of three presidents, including Ford, Nixon and Reagan. The list goes on and on, making up an incredible collection. All are photographs that Bob has taken during his 40-year career.

His specialty is candid photography. "I took candid shots," explained Bob surrounded by decades of photographs and albums that now fill his apartment at Morning Pointe of Louisville, a senior living community in Kentucky. "I was at all of the big events."

Bob was an estimator and project manager in the electric business for almost 50 years, but on nights and weekends, he took on a whole other career. "It feels natural. I love to get into a crowd and talk to people, take their photos," he smiled. "I would try to take pictures of people who were important and get them copies."

It was definitely his love for people that got him the best shoots. "It came down to being in the right place at the right time and knowing the right people," laughed Bob. He was a member of the Kosair Shrine Temple and a close family friend of

Foster Brooks, an actor and comedian. That relationship helped open the door for him to shoot the huge Foster Brooks Pro Celebrity Golf Tournament at the Hurstbourne Country Club. It benefited Kosair Children's Hospital and took place every Memorial Day weekend for 25 years. "I did all of the tournaments but one," explained Bob. "I would go to all of the events. We would have dinners, banquets, a big floorshow after the tournament. It was unlike anything you have ever seen."

Bob also knew one of the commanding generals for the Honorable Order of Kentucky Colonels. "He

approached me and asked if I would take photos of the Kentucky Colonels in the Derby parade,” said Bob. The Colonels date back as early as 1813, commissioned by the governor at the time. They were later known for scheduling their big events around Derby week. Once again, Bob was on the inside taking more celebrity photos such as Olivia Newton John and Perry Como.

His connections didn’t stop there. It turned out Bob’s office had WHAS, a local TV station, as a client. This connection landed him full credentials at Churchill Downs. “I could get everywhere at the Derby but the jockey rooms,” shared Bob. Churchill Downs is where Bob captured his photo of President Richard Nixon on the bridge on Derby Day.

“I got into Dolly Parton’s dressing room when she came to Louisville with Porter Wagner,” he laughed. “We crashed some parties, but everybody knew me. I would go down the street and people would say, ‘hey, Bob, where is your camera?’”

Bob’s camera of choice was due to yet another connection – his good friend and fellow photographer Jim Mays, the owner of a local photo store. Jim helped him move to a professional camera. Bob captured many

of his famous photos with his Nikon D100 with a wide telephoto lens. “I would just go up and say, ‘smile you are on candid camera’,” laughed Bob. “It just opens the conversation. If you point a camera at a pretty girl, she will pose for you.”

Bob also landed shooting the famous Barnstable Brown Gala, a celebrity Derby party that goes for \$1,500 a ticket. The annual event is hosted by the former Wrigley Double-mint twins. The girls held the event every year at their house to benefit the local Diabetes association. Hundreds of fans would line the driveway to catch a glimpse of their favorite stars, while Bob was up close and personal shooting their photographs. “I just like to meet new people and talk. It’s my favorite part of taking photos,” he smiled.

Bob said he was able to perfect his art, so that no one really knew he was taking their photograph. It was an invention he came up with, his secret weapon. “My secret was I put a laser pointer on my camera and connected it,” explained Hall. “I would hold the camera on my waist, a red dot would show up on the person I wanted to photograph, and they didn’t even realize I was taking their picture. I classify my specialty as candid event photos.”

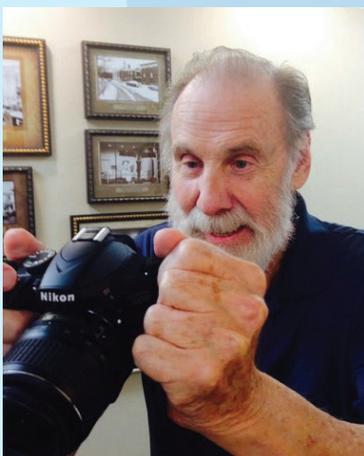
Bob knew exactly where to aim the red laser in order to capture just the right photograph. “I used automatic, and when you see the dot, you can judge where you are standing,” he explained. “Very seldom did I do a lens adjustment.”

One of the photographs that he is most proud of is of Bill Samuels, the president of Maker’s Mark Distillery. He captured him at his home on the river. “He has tall trees, and they were trimmed up from the bottom. You can see the sunset,” described Bob. “It was a beautiful photo, and the deer came up to the patio.”

His favorite photograph is one that includes him with Ernest Borgnine, Foster Brooks and former astronaut Alan Shepard. Bob said he and Ernest ended up becoming close friends.

Bob isn’t taking many photos these days; however, he did jump at the opportunity to shoot the grand opening event for Morning Pointe of Louisville. His advice to other young photographers: practice, practice, practice. “I think people like to see photos of themselves, that’s pretty much it. I did this for pleasure not money.”

*Bob Hall*



*Glen Campbell*

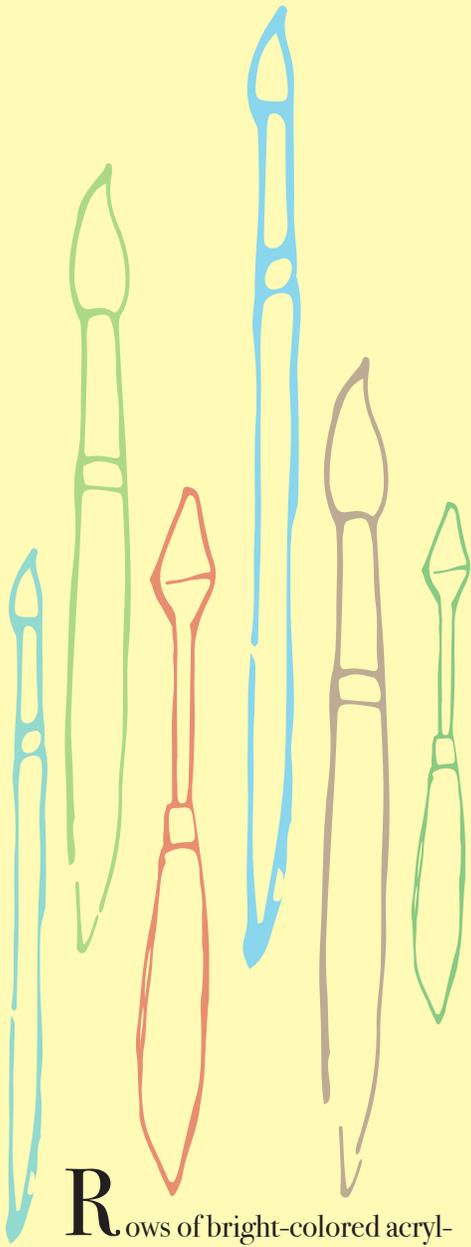


*Olivia Newton-John & Bob Hall*



*Bob Hall & Dolly Parton*

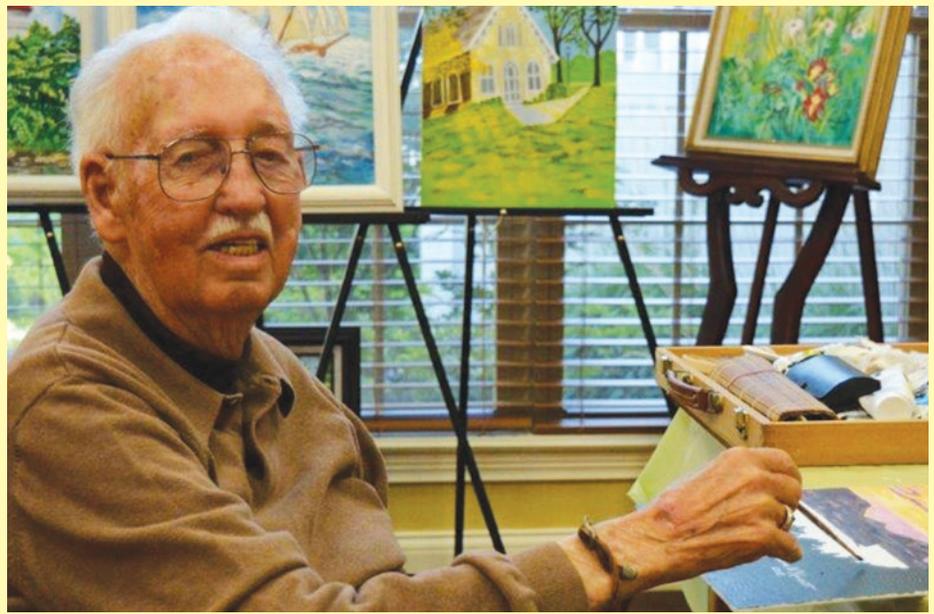




**R**ows of bright-colored acrylic paintings line the walls. Dozens more fill two long tables, all depicting scenes of places traveled or admired. Surrounded by the artistic display, you will find 90-year-old Clarence Kinnett creating his latest masterpiece. His live-working studio is in the center of Morning Pointe of Lexington, a senior living community in Kentucky. Residents can gather and watch, and anyone passing by can see his pieces come to life.

“It’s space to do what I love, when I feel like doing it,” smiled Clarence. “I just finished a lighthouse; it’s by the fireplace in the community for everyone to see.”

Clarence’s studio came to life a year ago, and now just about every



day, you can find him in his studio mixing his acrylic paints and adding just the right amount of white to create the perfect shade.

“Every morning before I get out of bed, I decide what I am going to do. What is important for me to get done today?” he shared.

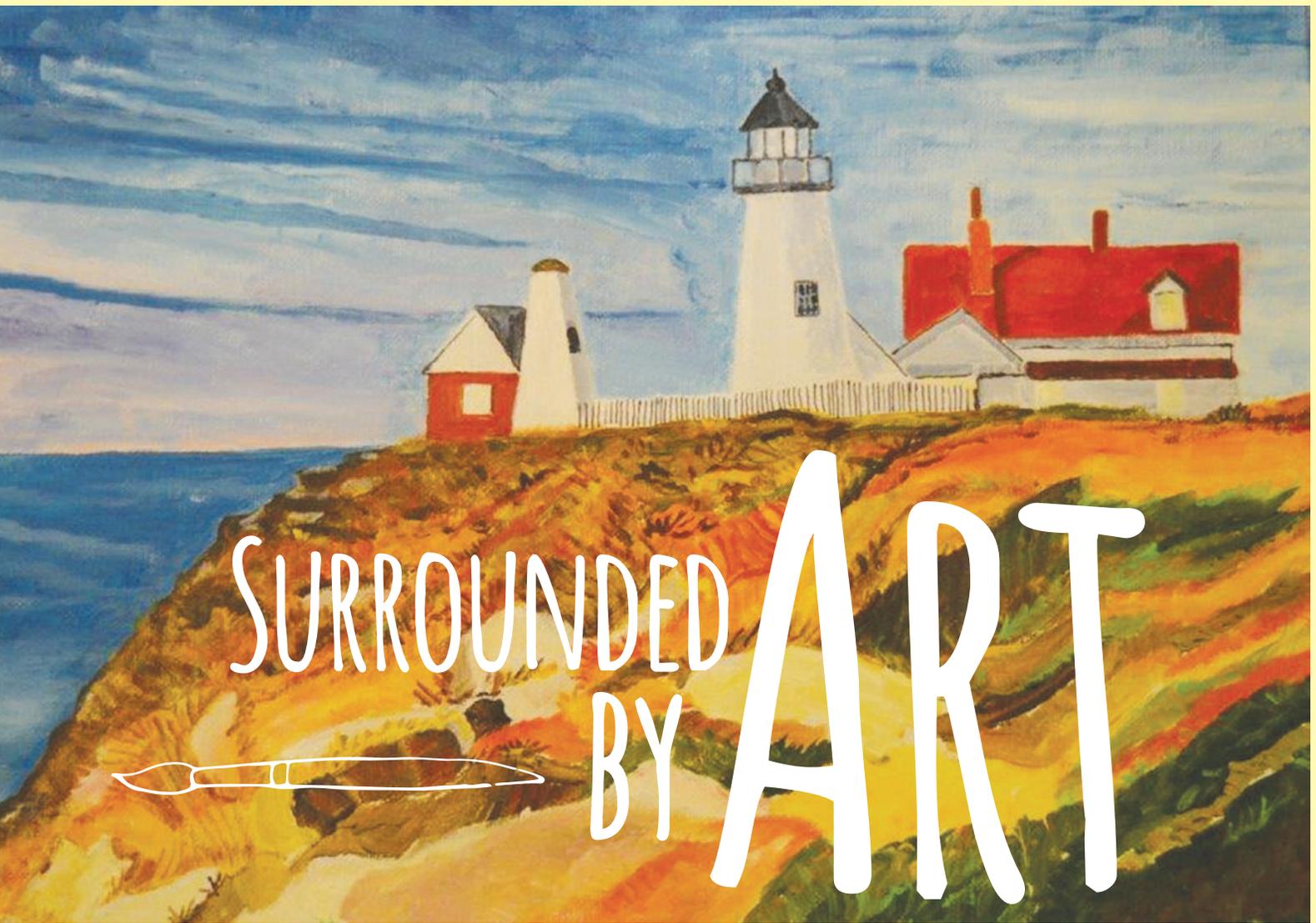
Clarence discovered his passion for painting at a late age. In fact, it was after retirement, when he was 65 years old. It wasn’t hard to believe that he may have some hidden talent, especially since his daughter was a high school art teacher.

She was the one who urged him to try it out as a new hobby, and that is exactly what he did. “When I retired in Florida, I went to an art studio at Indian Rocks, watched them

paint, and started dabbling myself,” Clarence explained.

After that, he was hooked. His favorite medium is acrylic paints. He mixes them with water to create a rainbow of shades. “I love the broad brush strokes,” Clarence said while demonstrating the process, “and lots of texture, but I also like lots of detail.”

One of his favorite pieces is of Weekapaug, Rhode Island, a place he visited many weekends as he traveled to his cottage not far away. The picturesque scene pulls you in, as if you are there. The beautiful yellow mansion sits on the edge of rough waters, another farm-like building nearby. Between the grass and the sand, the larger boulders and fishing dock, it’s a



place you want to visit, and the shading of the sky draws you in further. “I sold a copy of this painting to one of the residents here,” Clarence said. “Her daughter fell in love with it.”

Figuring out exactly what to paint can be as challenging for Clarence as creating the piece. “It isn’t easy to find something I really want to paint,” he explained. “It’s a process in itself. I look through volumes of pages with photographs to find something I can focus on.”

Once he is inspired, he starts with a pencil. “I take a pencil and stock cardboard and draw an outline; then I start putting in more details,” he said. “I have to decide what is going to show, what is going over top of the sky or trees, the working of the build-

ing, roof, siding and boards. I just do what comes naturally.”

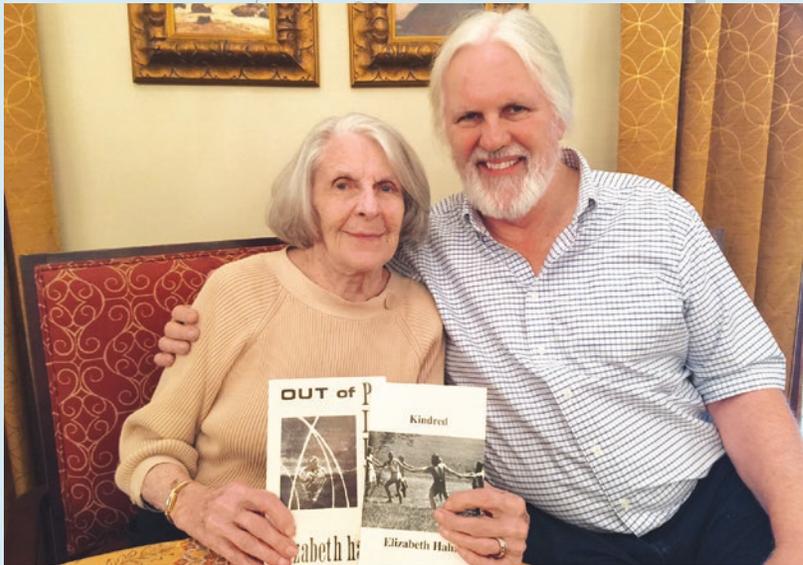
After a thorough tour of his art studio, Clarence shared one of his most prized paintings found hanging in his apartment. It is of the Sea of Galilee in Israel, the Holy Land, a place he described as where Jesus walked, lived and died, where he did his teachings. “God has been good to me as you can see,” Clarence said. “I had the opportunity to travel to Israel three times and bring people there.”

Clarence’s longtime career with the Salvation Army fueled his travels. He started with the Salvation Army as a minister and then became a camp counselor where he worked with the youth. Later he moved up to general secretary in administration be-

fore he retired after serving his career in 11 eastern states, much of his time spent in Cleveland, Ohio. “I was too busy with my Salvation Army career as an officer to do art before,” Clarence chuckled.

Now, he can’t think of anything he would rather be doing, and thanks to Morning Pointe he has the perfect space. “No other match, this is my place,” Clarence said smiling, with his paint brush in hand. “How could it be better? I am at a place where I can do what I want when I like to.” 





Betty Hahn and son Curt



Deryl Barnhill

‘You can’t help yourself,’ that’s how these women feel when it comes to their passion for writing. Neither can imagine their lives without the power of words and the pure pleasure of putting it on paper. Betty Hahn, now at Morning Pointe in Brentwood, Tennessee, is a published poet. While Deryl Barnhill is an accomplished short-story writer at The Lantern at Morning Pointe of Tuscaloosa in Alabama. Both are 87 and still active in writing and sharing their works.

Betty remembers writing poetry as a kid. Every Christmas she and her siblings made a book for their mother. “This was serious business,” she explained. “These books were 8½ x 11 and my mother loved them.” She grew up with the works of Louisa May Alcott, books such as *Rose in Bloom*, *Little Women* and *Little Men*. She identified with these characters, and they became her and her sister’s alter egos. “We took turns being the characters every day,” smiled Betty. She said she was also brought up on a whole series of books called *The Book House*. If you were a middle-class parent in the 1930s through the 1950s, this was the set of books you wanted for your kids. Millions grew up reading these tales of virtue and morality.

As a 20-year-old student at Connecticut College, a new mother and wife, Betty worked on her degree. Four years later as she began her master’s at Southern Con-

necticut State University, her second son, Curt, was born. While working as a full-time first grade teacher in Milford Public Schools, she eventually received her PhD in English from the University of Connecticut. Betty then went on to be a college professor at Southern Connecticut State University for many years teaching in the world of English, drama and poetry.

She has been published in dozens of poetry journals and anthologies. Betty has also published five poetry collections of her own including *Out of Plumb* and *Kindred*. Many of the poems have appeared in other publications, with several winning multiple awards. Her work has been published in the United States, Canada and Great Britain.

“A big day for Betty was when she walked into Davis-Kidd Booksellers and saw her books on the shelf,” shared Curt Hahn, Betty’s son. “With her writing, she provides unique insights into all manner of situations, some of them important subjects, some of them mundane, like the one about Aunt Bess brushing her hair. Even the everyday, or the kinds of things that most of us do not notice or appreciate, she’ll see something in that, something really meaningful.”

The same is true of Deryl Barnhill, a natural storyteller and writer. “In a way it is therapy,” described Deryl.

# WORLD of words

“It’s important to me to write down what I am thinking, have experienced and haven’t told yet. It’s just important to get that on paper.”

Deryl’s love for writing took off as a young wife traveling the world. Her husband was in the U.S. Air Force. She would write detailed letters back to her family. Today, she still has that collection of Christmas letters. “I just love it,” she shared. “I enjoy writing, and I go back to the stories I have written, and I read them again, and I like them.”

There are many stories, upwards of 50. A lot of the themes bring in a piece of truth that happened to Deryl or someone she knew or heard about. She would start with those facts and add details to them, pulling from her imagination. Some of the short stories are as many as 30 pages long, double-spaced text, while others are much shorter. A few are real page-turners, leaving you on the edge of your seat to the very end.

One of Deryl’s favorites is *Chinaberry Tree*, a story about a real-life tragedy that happened to a family in Cordo, Alabama decades ago. The tree became the focal point of the neighborhood as everyone gathered to find out the latest on a tragic incident that shook the small southern town. Two of her short stories were published in 1999 in a collection called *Ordinary and Sacred as Blood: Alabama Women Speak*.

Publishing has never been her focus; Deryl simply loves it as a hobby and still writes today. In fact, over the last few years, she has been working with a volunteer at Morning Pointe. With her failing eyesight and challenges

with her hands and fingers, Deryl continues to get her short stories on paper thanks to Morgan Eichorst.

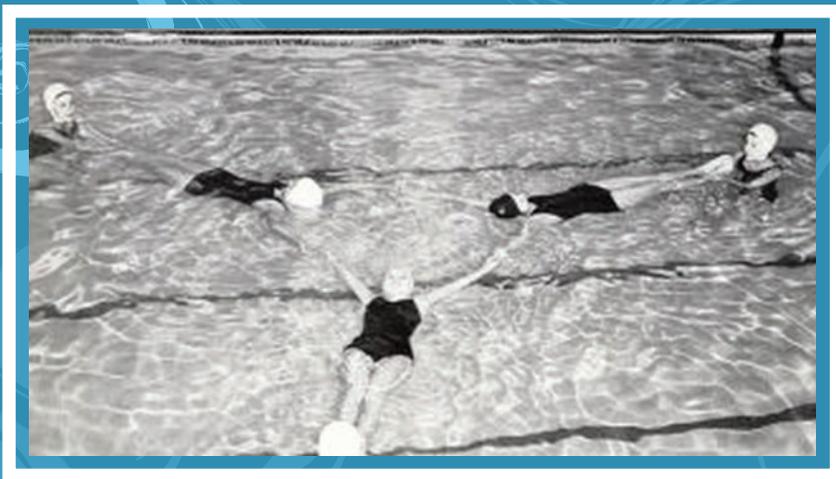
She visits Deryl weekly and types up her short stories. “It was amazing; normally she didn’t write them down,” explained Morgan. “It would just be in her head. I would say ‘go ahead’, and she would dictate to me as if she was reading it.” She even had the dialogue all figured out. Morgan said by the time she was done typing what Deryl was sharing, she had a complete short story from beginning to end. “I think it really speaks to her talent,” she explained. “I know how hard it is to put together a story, and the fact that they come to her and speak to her so vividly speaks to how much natural talent she has.”

Morgan and Deryl have now put together a collection of some of Deryl’s favorite short stories dating back to the 1980s. It’s called “24 Stories”. Her daughter is working with a printing company to get them published for her family.

Meanwhile, Deryl continues to write. In fact, a recent musical performance at Morning Pointe and a chance meeting with a long-time friend of her deceased husband inspired yet another short story, “The Band is Coming”. Morgan helped her get it on paper to share with her fellow residents at Morning Pointe. The same goes at Morning Pointe of Brentwood, Betty is now part of a new poetry night at the community and is working on her memoir called “Scamp”. Both of these accomplished writers continue to do what they love at Morning Pointe. 🌿

a love  
for

# WATER



She was known as “water dog” because of her love of jumping off high cliffs into the waters below. The dog paddle was her first stroke at age three. Two different women, a love for the water and how swimming shaped their lives, it’s a Morning Pointe milestone across two states.

For “water dog” Barbara Bradshaw Leach, her parents ran Bradshaw Fishing Camps and owned a marina on Herrington Lake between Danville and Lexington, Kentucky, so naturally Barbara was always in the water. “She swam Herrington Lake before she was even a teenager,” smiled her husband, Ron Leach.

Swimming was always a part of her life. In fact, up until this last year, when she moved into The Lantern at Morning Pointe in Frankfort, Kentucky, Barbara was swimming almost

daily at her local pool at age 76. “I enjoyed water all of the time,” shared Barbara. Her love for the water led her to try out for the Eastern Kentucky University (EKU) synchronized swim team. It was 1956, more than a decade before synchronized swimming became an Olympic sport.

For all four years at EKU, Barbara was on the team. They were called Kappa Kappa Sigma, the water club. They practiced weekly and did ballet to music, all leading up to one big show a year that drew nearly 200 people to watch. “It was beautiful, really,” explained Jeannie Crump, one of Barbara’s good friends and water club teammates. “Ballet legs is when we would do different synchronized strokes. The star was the easiest. The hardest part was not getting any applause because we were under the

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**“The hardest part was not getting any applause because we were under the water,” laughed Jeannie.**



*Barbara Bradshaw Leach*



*Lillian McCurry Kyte*

water,” laughed Jeannie.

The team had decorative costumes with sequence on their bathing caps. “One time we had an artificial fire,” she shared. “It was wonderful. The group created different acts with different scenes, all while treading the water for about an hour.” Barbara went on to be a P.E. teacher, and she never lost her love of swimming.

That same love for swimming grew for Lillian Kyte of Oak Ridge, Tennessee who now calls The Lantern at Morning Pointe of Clinton home. While she learned to swim at a young age, and was a lifeguard and swim instructor for more than 25 years with the Red Cross, her passion for the water took off as an adult when she began to competitively swim in

the Master’s division of the Amateur Athletic Union (A.A.U.), U.S.A.

Lillian’s favorite stroke in her 40s was the breast stroke. She won 92 medals, several trophies and a loving cup during her years of competitive swimming. “The ones that I won were a lot more fun than the ones I didn’t,” laughed Lillian.

Most of her medals were won on the short course, 100 and 200 hundred yards in the southeastern states of North Carolina, Georgia, Florida and Tennessee. Whenever there was a competition she could get to, she was in it. Her goal was to win every race. “I raced because I enjoyed it, and it kept me in good shape.”

A highlight of her swimming career came in Fort Lauderdale,

Florida at the Swimming Hall of Fame when she got to swim with Johnny Weissmuller, who starred as Tarzan in the movies. In the course of her swimming events, she also met Esther Williams, a hall-of-fame swimmer and movie star, along with Buster Crabbe, another competitive swimmer and actor.

Two women, both retired swimmers, share a love for the water that shaped their whole lives, a Morning Pointe milestone. 🏊



*1948-1949 Clinton High School Basketball Team, First Team Coached by Geneva Rutherford (Top Row Center: Coach Rutherford)*



*Geneva Rutherford*

From her home at Morning Pointe of Clinton, Tennessee, Geneva Rutherford marked another milestone in her life. The collegiate basketball hall-of-famer turned 100 years old in June of 2015. “The other residents are always commenting that you would never know she is 100,” shared LuAnn Hanchett, life enrichment director for the assisted living community located near Knoxville. “I credit my long life to the fact that I lived a good, clean Christian life,” Geneva smiled.

It was in grammar school when Geneva first started playing basketball. Her father put a basketball goal up at her house; it had a wooden

backboard, and she had to shoot over a tree limb on one side to score. The challenge kept her playing.

When it was time for high school in Calhoun, Tennessee, Geneva tried out and made the basketball team. At five-feet, five-inches tall, she played forward. Back then, there were six girls on the floor at a time. Forward was on offense, so she was a shooter. Her basketball skills were so strong that she earned a college scholarship to Tennessee Wesleyan College (TWC) in Athens, where she played for two years. Lincoln Memorial College (LMU) in Harrogate, Tennessee was her next stop, where she also started on the basketball team.

Geneva recalls scoring over 30 points in one game. “I remember my coach telling me to quit shooting because we were winning by so many points,” laughed Geneva.

Both colleges inducted Geneva into their basketball halls of fame. After graduating from LMU in 1937, she landed her first teaching job in Caryville, Tennessee.

Geneva taught math and ended up coaching the girls’ basketball team. Her teaching and coaching career spanned over 30 years, 25 of those she spent at Clinton High School. She was the head girls’ basketball coach there for 20 years. “I enjoyed watching when the kids grasped

# — SHOOTING HOOPS — A Century Ago

what I was telling them,” she said. “It was wonderful to watch the students and players grow in their abilities.”

Many of those students turned out for Geneva’s 100th birthday celebration at Morning Pointe of Clinton in June. Lynn Denton, one of her geometry students, remembers Mrs. Rutherford well. “I was a student in her 1961 plane geometry class at Clinton High School. I recall her charm, smile and tough tests,” shared Lynn. “Today, I remember terms such as intersecting planes, acute, obtuse, vector, Euclidean plane, regression

equation, and lots of other fine terms. She was always helpful, but rigorous in her expectations.”

Lynn recalled one afternoon when she was daydreaming and didn’t hear Mrs. Rutherford ask her a question in class. “She recommended I move closer to the front of the class so that I could hear her more clearly. She never had another problem from me,” laughed Lynn. “I visited with her several years ago, and we had a good laugh about that event. She is a good friend.”

If she is not enjoying a visit

from one of her students at Morning Pointe, you can find Geneva catching the latest Lady Volunteers’ basketball game on television.

At 100, she still gets invitations to be a part of a special pre-game show. In fact, TWC invited the centenarian to hand off the game ball before the start of another basketball season, a Morning Pointe milestone. 

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**“I enjoyed watching when the kids grasped what I was telling them,” she said.**

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*Geneva Rutherford at Morning Pointe of Clinton*



*President Dwight D. Eisenhower Touring Reactor in Oak Ridge, Tennessee (1955)*

# — NUCLEAR ENERGY

## *peaceful purposes*

On the morning of December 2, 1942, the world entered the nuclear age. While most early atomic research focused on developing effective weapons for use during World War II under the code name The Manhattan Project, some scientists worked on making breeder reactors. “That technology was converted over to peaceful use of atomic energy, and that was the word of the day,” explained Dwight Patterson, now 92 years old and a resident at Morning Pointe of Powell, a senior living community outside Knoxville, Tennessee.

“I was there at the beginning of nuclear power.” Patterson was at the forefront of the development of nuclear power plants during his expansive career at the Tennessee Valley Authority (TVA) from 1944 through 2008. He even studied under Enrico Fermi, the father of nuclear energy and winner of the 1938 Nobel Prize in Physics.

After the war, the United States government encouraged the development of nuclear energy for peaceful civilian purposes. Congress created the Atomic Energy Commission (AEC) in 1946. Patterson was back from his military duty after helping to lead a major campaign in Berlin of resettling Germans. He actually crossed the path of President Dwight D. Eisenhower.

From 1942 to 1946, he attended the University of Tennessee,

Knoxville, where he was encouraged to complete his mechanical engineering degree.

While still in college, Patterson was hired by TVA and selected as one of only seven first participants to study at the Argonne National Laboratories in Illinois, a science and engineering research lab for the United States Department of Energy. “That’s where I learned the nuclear power business,” said Patterson. After studying under Fermi, he took on a lead role at TVA. All of the first participants subsequently became renowned for their activities in science and engineering.

A major goal of nuclear research in the mid 1950s was to show that nuclear energy could produce electricity for commercial use. The first such electricity-generating power plant was located in Shippingport, Pennsylvania. It reached its full design power in 1957.

Patterson worked his way up at TVA from chief of mechanical engineering over the coal-fired plants to chief of nuclear engineering in the office of engineering design and construction in Knoxville. “I lead the design project for all nuclear power plants related to TVA,” he explained. “I reported to the chairman of the board, Aubrey ‘Red’ Wagner, working on the building and designing of nuclear reactors for TVA.”

He got them going from the ground up. A prototype or semi-works

reactor was built at Clinton Lab (later Oak Ridge), where the engineering team that was trained in Argonne worked to design and develop plants and equipment to move forward with nuclear energy conversion for the entire country.

“I do feel like I contributed to the development of nuclear power in our country, and certainly at TVA,” shared Patterson. “It was just my job. I am humble and thankful. You don’t manage a large organization like I did and not be humble.”

Patterson was recognized for many peer-reviewed papers. He received numerous professional accolades and even published a book in 1981, *Revitalizing Nuclear Power Plant Design and Construction: Lessons Learned by TVA*. 🍀

*Dwight Patterson, Resident at Morning Pointe of Powell, Tennessee*





SANDERS-BROWN  
CENTER ON AGING

Article written by Erin Abner, PhD, MPH, an assistant professor of epidemiology and gerontology at the University of Kentucky's Sanders-Brown Center on Aging.

# Can the BRAIN be TRAINED?

Online brain-training sites like Lumosity are gaining popularity, but so far, little evidence exists to support claims of improved cognition. By the year 2030, 20 percent of the U.S. population will be 65 or older, and similar changes are occurring globally.

One challenge associated with population aging is the expected increase in prevalence of cognitive impairment and dementia. Alzheimer's disease (AD) is both a frightening and fatal—currently the sixth leading cause of death in the U.S.—and unfortunately, there are still no effective treatments. Even in the absence of dementia, millions of older adults struggle with declining memory and thinking.

Given the lack of success in identifying treatments for AD or cognitive impairment, researchers have turned their attention to prevention. AD has a decades-long preclinical, or asymptomatic, period, where the

disease takes hold in the brain, but cognition and functioning remain intact. Several ongoing clinical trials are investigating drugs that show potential to slow the onset of AD symptoms.

Meanwhile, products already on the market claim to build, support and protect brain function. Companies like Lumosity, for example, produce online games that promise to train your brain for better performance in memory and other aspects of cognition. With millions of dollars invested in these industries, brain health is clearly big business. In 2013, *Forbes* named Lumosity, which has millions of customers, one of "America's most promising companies." But are the promises of improved cognition supported by evidence so far? The answer is no.

Recently, the Stanford Center for Longevity and the Berlin Max Planck Institute for Human Development convened a group of more than

60 neuroscientists, who concluded that "claims promoting brain games are frequently exaggerated and at times misleading." The consensus group reported that while game scores will in fact improve for most consumers, these are short-term improvements that do not extend to other brain functions. In other words, better scores are the result of practicing the games and do not appear to translate into better memory, thinking or gains in intelligence. Further, there is no evidence that these brain-training games will prevent or slow the onset of cognitive impairment or dementia.

It's important to note, however, that there is strong evidence that the brain is affected by intellectually challenging experiences. Higher educational attainment is associated with reduced incidence of dementia. One estimate suggests that more than one million cases of AD could be prevented if the prevalence of low educational

## **There is also compelling evidence that structured cognitive training in older persons can result in long-lasting benefits.**

attainment (i.e., grade school or less) was reduced by 25 percent. Moreover, older adults who regularly participate in mentally stimulating leisure activities such as reading, socializing with friends and family, taking classes and doing volunteer work have been observed to be at about half the risk for dementia compared to those who do not participate in such activities.

There is also compelling evidence that structured cognitive training in older persons can result in long-lasting benefits. One study randomly assigned 2,800 volunteers age 65 and older to one of four groups: memory training, reasoning training, processing-speed training and control (no training). After ten years, participants in all training groups reported higher levels of functioning in the instrumental activities of their daily lives—managing finances, household shopping, preparing meals and so on—compared with controls.

Similarly, a Finnish study randomly assigned 1,260 volunteers between the ages of 60 and 77 and at risk for cognitive decline to two groups. The first group received dietary counseling, strength training and aerobic exercise programs, and cognitive training, while the second group received general health advice only. Although absolute group differences were not large, the intervention group showed significantly better executive function, processing speed and overall cognition. In short, cognitive training, along with lifestyle modifications, may be a viable strategy for improving or maintaining cognitive functioning in older persons, so long as it is done with the appropriate intensity and duration. As yet, online games do not appear to meet those criteria.

In addition to remaining intellectually active, older adults must protect their cardiovascular health. The

brain contains multitudes of blood vessels, and lack of physical activity seems to affect the brain negatively, just as it does the heart. Stroke carries its own risks of cognitive impairment and dementia independent of diseases like AD. The American Heart Association recommends that older adults engage in moderate-intensity physical activity for at least 150 minutes per week. Time spent playing computer-based brain games might be better spent, when possible, taking a walk.

In summary, brain games have not yet fulfilled their promises of improved brain fitness. If such games are enjoyable for their consumers, there is no compelling reason to stop playing, but for those hoping to avoid dementia, a focus on improving cardiovascular health and seeking broader opportunities for mental stimulation may prove more beneficial. 🍂

# Short-term Stays

## Long-term Benefits

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Ninety-year-old Lallie Mae Woods checked into Morning Pointe of Brentwood, Tennessee for a two-week respite stay. That was two years ago. “I liked it from the beginning, and I didn’t want to leave,” smiled Lallie.

She is the perfect example of why respite care works. Lallie was discharged from a rehab hospital and wasn’t ready to go home. “She had recovered from why she was in rehab,” explained Matthew Herman, executive director of Morning Pointe of Brentwood, “but didn’t have the strength or the services to be able to be successful at home.”

That’s when Morning Pointe stepped in. Qualified residents are able to stay at the senior living community for a few weeks at a time which is called respite care. Respite or short-term stays are often beneficial as a family member works to regain their strength and independence, if a caregiver needs a break or is sick, a family goes on vacation or you just want to experience for yourself what modern senior living is like. Over 80 percent of seniors who experience a respite stay at Morning Pointe eventually decide

that senior living is a good choice for them and decide to move in permanently.

Amenities offered for respite stays are the same ones received by full-time residents of Morning Pointe and include:

- ◆ Health, wellness and medication management overseen by licensed nurses.
- ◆ Licensed clinical staff available 24 hours a day
- ◆ Delicious, healthy restaurant-style meals, served three times a day with dietitian oversight.
- ◆ Full range of life enrichment activities with regular outings and community-service projects.
- ◆ On-site physical, occupational and speech therapies.
- ◆ Transportation to medical appointments.
- ◆ On-site beauty salon and barber shop.
- ◆ Beautifully landscaped grounds and courtyards.



“I think it’s a great experience and I didn’t know it existed,” said Mike Woods, Lallie’s son. “It was really good for our family to have that bridge.” It’s made a huge difference for Lallie.

“When she moved in, she was weak; she hadn’t had good nutrition for several months,” explained Matthew. “She was lonely. She had lost a spouse not long before and was living an isolated life. Many people like Lallie go from the kitchen to the bath to a bedroom, maybe live in 300 square feet of their house. Often days go by and they don’t have any contact with another person.”

That all changed once Lallie moved into Morning Pointe of Brentwood. “I don’t have to cook. I don’t have to clean. I’m not lazy, just everything fell into place,” she smiled. Now, Lallie’s family members are no longer just caregivers. They are back to enjoying being a family together.

“It’s really great for our family,” shared Mike, “and I just want to say again that my mother is healthier at 90 years old than she was in her early 80s. All of those years, she had a lot of issues. She has not had those. I believe this

whole environment, the whole experience, has been very positive and healthier for her.”

Lallie now enjoys walks with her son around Morning Pointe and a full schedule of social activities. She has made new friends.

Lallie has the security and safety she needs to be successful. “Since she has been here, she has gained weight,” said Matthew. “Her doctor said she is healthier than she has been in years. For her, as her memory fades, she is now in an environment that she trusts and is comfortable in, and she no longer has to worry about how she is going to eat or who will take care of her. That’s Morning Pointe of Brentwood, and for her, it’s a perfect match.”

“It didn’t take long to know that this was my home now,” shared Lallie, “and I will be here until the Lord is ready for me.” 🌿

Visit [www.morningpointe.com](http://www.morningpointe.com) to arrange a short-term stay at your local Morning Pointe.

# IN-HOUSE *therapy*



“The physical therapy here at Morning Pointe really helped me with my arm and hand.”

One of Morning Pointe Senior Living’s key objectives in 2015 was to create partnerships with local therapy providers and home health agencies in all of its locations to proactively address the therapy needs of its residents.

Together they now provide on-site physical, occupational and speech therapy services through both an outpatient therapy clinic and home health visits inside the

Morning Pointe community. “The benefit of a combined partnership is that the same therapists will be able to follow residents, regardless of payer type, for a seamless continuum of care,” explained Greg A. Vital, President and CEO of Morning Pointe Senior Living and Alzheimer’s Memory Care.

The purpose of the new in-house therapy service is to provide residents easy

access to additional services that proactively maximizes their independence and increases their chances of remaining at Morning Pointe longer, rather than having to move into a nursing home.

Morning Pointe resident Liz Morton has been receiving physical therapy for the last several months. When she first started she was using a wheelchair. Now she is using a walker for long distances

and walking independently for short trips. With weekly therapy sessions in-house, the goal is to be completely free of any assistive device. “It was worthwhile. I enjoyed it,” shared Morton. “They were very informed and it was available right across the hall. It was also nice to be there with other residents. We could cheer each other on.”

Resident Pam McComas agreed. “The physical therapy here at Morning Pointe really helped me with my arm and hand.”

Extra help that is now in-house. “They are comfortable with us because

we are here every day in their home, the same faces and same staff they know,” said Jeff Sodemann, physical therapist with the Weston Group.

Inside the building is key. More comfort, better care. “The clinical skill sets of our in-house therapists provide increased communication and additional education with the nursing staff to allow a more detailed picture of how to better care for the residents,” explained Chad Higgs, area clinical coordinator with the Weston Group.

“Already, the lead nursing staff

is seeing a difference,” explained Alisha Landes, Regional Director of Healthcare Operations for Morning Pointe. “According to their data, the number of falls in July 2014 compared to 2015 has decreased by 30% in those communities who are utilizing in-house therapy. Also they are reporting increased balance, strength and stable gait in their residents. Having a good partnership with The Weston Group and our home health agencies is crucial to the success and longevity of our residents.” 



**MORNING POINTE THERAPY PARTNERS**

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Athens, TN  
*Benchmark Therapy & Camellia Home Health*

Chattanooga, TN Area - 5 Communities  
*Weston Group & Guardian Home Health*

Columbia, TN  
*Weston Group, Maury Regional Hospital & Amedisys Home Health*

Greenville, TN  
*Gentiva Home Health*

Knoxville, TN Area - 4 Communities  
*Weston Group & Camellia Home Health*

Nashville, TN Area - 2 Communities  
*CareSouth Outpatient & Home Health*

Tullahoma, TN  
*Gentiva Home Health*

Lexington, KY Area - 3 Communities  
*Weston Group*

Louisville, KY  
*Weston Group & Gentiva Home Health*





# Glen Campbell

## “I’ll Be Me”

You’re not alone and you can’t go it alone, was the message Kim Campbell, wife of Grammy Award winning singer-songwriter Glen Campbell shared at Grace Baptist Church in Chattanooga. Nearly 500 people turned out for the free public service event in September thanks to Morning Pointe Senior Living. Many there to find out the latest on the original Rhinestone cowboy and hear Kim’s message of hope.

During the 90 minute presentation, Kim walked and talked, sharing heartfelt stories about Glen’s days and honest truths about the difficulty of being a full-time caregiver for someone with Alzheimer’s. “He calls me Mrs. Campbell. But he definitely understands smiles, hugs and kisses. He’s physically healthy, cheerful and content most of the time,” she said.

Campbell was diagnosed with

Alzheimer’s in 2011. His illness has now progressed to the point that he can’t communicate verbally. He is back at home with Kim and family in Nashville as they deal with the challenges of being full-time caregivers. When she is not with Glen, Kim is a tireless advocate for those just like her, taking her message across the country.

Her Morning Pointe presentation was wrapped with excerpts from their recently released documentary, “I’ll Be Me” covering Glen Campbell’s 151 city goodbye tour as well as the video of his final song, “I’m Not Going to Miss You.”

“It was a huge honor to have Kim Campbell share this personal journey with our Morning Pointe families and the community,” said Greg A. Vital, President and CEO of Morning Pointe. “For almost 20 years, Morning Pointe has provided care to seniors and

we have seen an ever-increasing need to offer specialized daily care to those who are affected by Alzheimer’s and other memory care issues.”

Before the public event, Kim took time to tour both Morning Pointe communities on Shallowford Road including the new assisted living facility as well as The Lantern Alzheimer’s Center of Excellence. She greeted residents and their families at both locations and then took time for a more intimate visit with some of Morning Pointe’s associates.

Kim spent another 30 minutes following the main event taking more questions from the public. News anchor Cindy Sexton, with WRCB-TV emceed the entire program. Morning Pointe plans to kick off more public service events with Kim Campbell in 2016 in Lexington, Kentucky and Knoxville, Tennessee. 



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An  
**EVENING**

with *Kim Campbell*  
wife of Glen Campbell  
shares personal journey  
with Alzheimer's.

**Ashland Avenue Baptist Church**  
483 West Reynolds Rd.  
Lexington, KY 40503

**March 15, 2016 at 7 p.m.**

## EAGLE SCOUT PROJECT



Morning Pointe inspired an Eagle Scout project, and now the community is celebrating a special memorial garden. Jaren Brownlee joined the scouts in 2010, and over the past two years, he has taken on a regular volunteer role at Morning Pointe of Franklin, Indiana. Together, both activities have helped shape him as a leader.

With Eagle Scout as the final rank to be achieved, Jaren had to come up with a project that combined everything he had learned. After great thought and discussion with residents, a memorial garden was decided on for the assisted living community.

Jaren worked so hard designing the area, picking a statue, finding a flag pole and creating a plaque to hang with names of veterans present and deceased. And of course, Morning Pointe residents found so much joy watching Jaren's project progress and grow into something truly special. 🌿

## NEW DRESSES for *Young Girls* in shelter



This summer, Lillian Samuel, a resident at Morning Pointe of Chattanooga at Shallowford, Tennessee, stayed busy stitching, sewing and creating handmade dresses for little girls.

She and the other residents wanted to do something special for children in the community and decided to provide dresses for children in area shelters. They visited St. Catherine's Shelter for Women and Children. Residents were able to provide each of the seven little girls with a brand new dress, chocolates, a new doll and a handmade card. To date, Lillian has made 25 colorful dresses, and she continues to make more dresses, now working to raise money for the Alzheimer's Association. 🌿

## STUDENT raises money for IPODS



Grace Baptist Academy student Tori Heyworth organized a fundraiser for her senior project to purchase iPods, music downloads and headphones for residents of The Lantern at Morning Pointe Alzheimer's Center of Excellence in Chattanooga, TN. Her project combined her passion for both music and seniors. Tori has created lasting friendships while getting to know residents during her volunteer time spent at The Lantern. The new iPods helped provide more individualized daily therapy for seniors, while also giving them the ability to download and listen to their favorite songs and explore the large variety of music that is available today. 🌿



# Residents Head “Back to School”

**M**orning Pointe residents strapped on their shoes, boarded the bus and headed back to school at Indian Creek. The idea came about when a special connection was made by several Indian Creek Middle School students during their first visit to the assisted living community in Franklin, Indiana. They had such a wonderful time at Morning Pointe that they wanted to share their school with the residents. So a date was set in mid-September for the seniors to head to Indian Creek.

While there, the residents shadowed the students through a typical schedule, following them from one class to the next. It was quite an adventure as they walked through the lunch line in the cafeteria, sat at desks

among other students in the classroom and absorbed what the middle schoolers were learning and how.

Many residents commented how much school had changed over time. Several students were sent to the library to work on their math assignments, completing problems on their iPads. Resident Martha Peters worked the same assignments in her mind and

had them solved before the students. She was amazed at how much math classes had advanced.

It’s generations learning from each other as Morning Pointe of Franklin continues to make a difference in the quality of life for their residents inside their community and beyond. 🌱



## SUPPLIES for SCHOOL

**W**ith the number of students that visit Morning Pointe communities throughout the year, it made perfect sense that the residents wanted to do something special to help the students have a successful school year. Crayons, markers, backpacks, paper, tissues, hand sanitizer—the list of items collected was endless. The many boxes of items donated to each Morning Pointe community during the



special supplies drives show what a wonderful connection Morning Pointe has with the greater community and the enormous amount of love and kindness the seniors have for all of the students that visit their home. 🌱

Morning  
Pointe  
*Celebrates*  
National  
Senior  
Living  
Week



## EXCEEDING expectations

“I come to work to try and help people,” smiled Cody Beatty, a certified nursing assistant (CNA) at Morning Pointe of Russell, a senior living and Alzheimer’s memory care community near Ashland, Kentucky. “We are all like one big family.” Helping to make a difference, that is what keeps Cody hard at work at Morning Pointe and why he is one of the four *Exceeding Expectations* annual winners recognized in December 2014 out of 1,000 associates. The other three winners were Tommie Westfield from The Lantern at Collegedale (TN), LuAnn Hanchett of Morning Pointe of Clinton (TN), and Leslie Stinnett from the Morning Pointe Corporate Office.

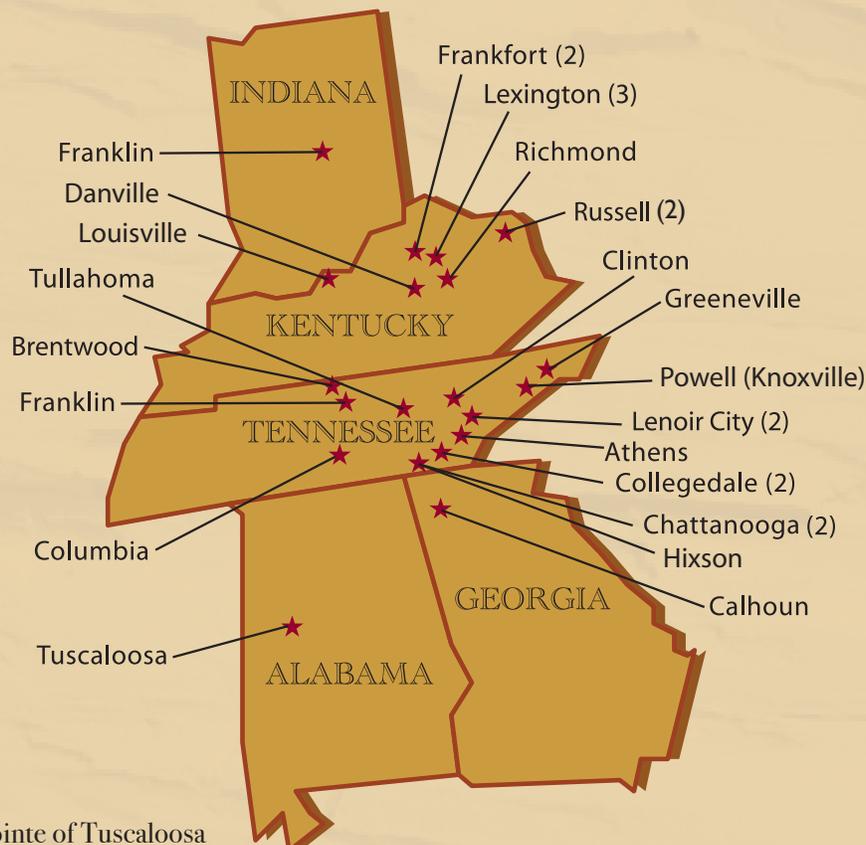
Cody has worked for Morning Pointe for almost four years, but his first introduction to senior living came long before. At the young age of 14, he began volunteering at the community where his mother worked. She was

also a CNA. He comes from a family of nurses that includes his brother and aunt. Winning the award, he believes, is just about doing his job. “It’s pretty awesome,” smiled Cody. “I was completely surprised.”

As a CNA, Cody is responsible for the daily care of the residents, so of course, he knows them very well. “I love the residents and all of their stories,” he said. “I don’t come to work to get extra recognition, but it makes you feel good. I see myself here for a long time.”

Cody helps out in whatever role he is needed, including as the community’s transportation coordinator or even as a cook. He is also now a state-registered nurse aide and is cross training in maintenance. “He is a wonderful associate,” smiled Wanda Parker, executive director for Morning Pointe of Russell. 🇺🇸

PROPERTY LISTINGS AND LOCATIONS



**ALABAMA**

Morning Pointe of Tuscaloosa

**GEORGIA**

Morning Pointe of Calhoun

**INDIANA**

Morning Pointe of Franklin

**KENTUCKY**

Morning Pointe of Danville\*  
 Morning Pointe of Frankfort  
 Morning Pointe of Lexington  
 Morning Pointe of Lexington-East  
 Morning Pointe of Louisville  
 Morning Pointe of Richmond  
 Morning Pointe of Russell  
 The Lantern at Morning Pointe of Frankfort  
 The Lantern at Morning Pointe of Lexington  
 The Lantern at Morning Pointe of Russell\*

**TENNESSEE**

Morning Pointe of Athens  
 Morning Pointe of Brentwood  
 Morning Pointe of Chattanooga  
 Morning Pointe of Clinton  
 Morning Pointe of Collegedale at Greenbriar Cove  
 Morning Pointe of Columbia  
 Morning Pointe of Franklin  
 Morning Pointe of Greeneville  
 Morning Pointe of Hixson  
 Morning Pointe of Lenoir City  
 Morning Pointe of Powell  
 Morning Pointe of Tullahoma  
 The Lantern at Morning Pointe of Chattanooga  
 The Lantern at Morning Pointe of Collegedale  
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\* Under construction

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